

The primary goals of Evidence Based Education Programs are to:

- Empower participants to adopt healthy behaviors.
- Improve the health status of participants.
- Help participants prevent the onset or progression of disease health problems.

Boost Your Brain & Memory

Boost Your Brain and Memory is a multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led activities guide adults through a series of Physical, Emotional, Intellectual, Nutritional, Spiritual, and Social activities that can lead to improved brain health. Each of the 7 or 8-weekly sessions includes informational video segments, followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention.

Thursdays, September 19, 26, October 3, 10, 17, 24, 31, and November 7
9:30a – 11:00a

Location: Aurora Medical Center Summit – Gifford Hall
36500 Aurora Drive
Summit, WI 53066

Registration: 888-863-5502 or Trish Golden @ Aurora Summit: 262-434-1248

Cost: Free and open to the public

Class size: 10 min – 20 max participants

Powerful Tools for Caregivers

Designed specifically for family caregivers (not professionals) who care for elderly or special needs persons, this 6 week focused workshop empowers caregivers to improve self-care. Caregivers will learn how to reduce stress, improve communication, set action plans and solve problems. It offers solid information on hiring in home help, dealing with financial concerns, overcoming depression, making driving decisions, and working with memory impairment. After completing this course, many participants report they were able to overcome the challenges that arise with caregiving. Respite care through the ADRC is possible upon request.

Fridays, September 13, 20, 27, October 4, 11, 18
1:30p – 3:00p

Location: Learning in Retirement (WCTC Waukesha Campus)
327 East Broadway
Waukesha, WI 53186

Registration: office: 262-695-3473 or online: www.wctc.edu/lir

Cost: Free and open to the public; this workshop includes use of workbook during class time with the option to purchase at the end of class.

Class size: 10 min - 20 max participants

See next page for more offerings

Chronic Pain Self-Management

For adults living with chronic pain (such as musculoskeletal pain, fibromyalgia, repetitive strain injury, chronic regional pain syndrome, post stroke, or neuropathy) and for those who support them. Participants gather information and practical tools to develop self-management skills, improve self-confidence and increase motivation to better manage their Chronic Pain symptoms and challenges. This workshop meets for 2.5 hours over 6 weeks.

Thursdays, September 12, 19, 26, October 3, 10, 17

1:00p – 3:30p

Location: Aurora Medical Center Summit – Pabst Room

36500 Aurora Drive

Summit, WI 53066

Registration: Trish Golden @ Aurora Summit: 262-434-1248

Cost: Free; includes workbook

Class size: 10 min - 20 max participants

Fridays, November 8, 15, 22, December 6, 13, 20

1:30p – 4:00p

Location: Learning in Retirement (WCTC Waukesha Campus)

327 East Broadway

Waukesha, WI 53188

Contact: office: 262-695-3473 or online: www.wctc.edu/lir

Cost: Free and open to the public; this workshop includes use of workbook during class time with the option to purchase at the end of class.

Class size: 10 min - 20 max participants

Healthy Living with Diabetes

This workshop is ideal for any adult with pre-diabetes or Type 2 Diabetes as well as those adults living with someone who has diabetes or pre-diabetes. Participants learn skills to increase their knowledge and confidence about managing diabetes. Monitoring, nutrition, action planning, exercise and symptom management are some of the topics covered during these 6 weekly sessions. This workshop does not replace your existing treatment regimen.... Rather it complements it.

Wednesdays, September 18, 25, October 2, 9, 16, 23

11:00a – 1:30p

Location: Aurora Medical Center Summit – Armour Room

36500 Aurora Drive

Summit, WI 53066

Registration: Trish Golden @ Aurora Summit: 262-434-1248 or online www.aurora.org/events

Cost: Free and open to the public; includes workbook

Class size: 10 min - 20 max participants

See next page for more offerings

Thursdays, October 17, 24, 31, November 7, 14, and 21

2:30pm – 5:00pm

Location: ProHealth Oconomowoc Memorial Hospital

791 Summit Ave.

Oconomowoc, WI 53066

Registration: online at www.ProHealthCare.org/classes or by phone 262-928-2745

Cost: Free and open to the public, includes workbook

Class size: 10 min – 20 max participants

Stepping On

This 7 week program is perfect for active senior adults who have fallen in the past year or have a “healthy respect” for the consequences of a fall. This highly interactive workshop covers exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are taught beginning at session #1. This class is appropriate for active, independent living adults without dementia.

Thursdays, October 3, 10, 17, 24, 31, November 7, and 14

10:00 am – 12:00 pm

Location: Shorehaven Center for Life Enrichment

1305 W. Wisconsin Ave.

Oconomowoc, WI 53066

Registration: Call 262-354-1375

Cost: Free and open to the public

Class size: 10 min – 20 max participants

See next page for more offerings

A Cup of Health

Join us for complimentary coffee, tea, and treats while listening to expert presentations on health-related topics. There will be time for questions and answers.

Due to limited seating, reservations are highly suggested.

First Thursday of Each Month 10-11am

Stoney Creek Senior Apartments – Fireplace Room

569 W14142 Tess Corners Drive, Muskego, WI

Registration: Call Anita at 414-422-4686

September 5th: Bone Health

October 3rd: Oral Health

Fourth Friday of Every Month 12:15 – 1:15p

YMCA at Pabst Farms

1750 East Valley Road, Oconomowoc, WI

Registration: Call Cathi at 262-567-7251

September 27th: Bone Health

October 25th: Oral Health

Third Tuesday of Every Other Month 10-11am

Pewaukee Public Library – Community Room

210 Main Street, Pewaukee, WI

Registration: Call Adult Reference 262-691-5670

September 17th: Bone Health

No October Session

Third Wednesday of Every Other Month 10-11am

Brookfield Public Library – Community Room

1900 N. Calhoun Road, Brookfield, WI

Registration: Call Adult Reference Librarian 262-782-4140

No September Session

October 16th: Oral Health